



हरे राम हरे राम राम राम हरे हरे,
हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे



hAre rAma hAre kRishna - ShodasaNama Mantra

(How to contemplate?)

Although Kaliyuga is an ocean of faults, there is still one good quality about this age; by simply & profusely chanting the names of Lord SriHari (RaAma/KrisHna) one can become free from material bondage and be promoted to the transcendental kingdom.

In Kali Yuga, only NaAma Smarana (repetition/chanting of the divine name of Lord SriHari) has been prescribed as the main means of liberation for the mankind.

"Kaliyugadali Hari namava nenedare kulakotigalu uddharisuvavu"... (Sri Purandara Dasaru)

Anusandhana (contemplation) is very important while chanting; that is what is stressed in this post.

All said and done as stated by Sri MadhvacharyaRu, one should not show discrimination in the incarnations of the Supreme God SriHari and it is dosha chintana.

All the three (Hare - Rama - Krishna) are the names of the Supreme God Vishnu.

Reciting these names of Supreme God is the link for devotion;

The name of God Vishnu is so powerful that it has the capacity to vanquish any sins and desires.

Whether it is done knowingly or unknowingly with or without understanding its meaning and significance, reciting divine names of Lord Vishnu will never go a waste.

The one that is done by knowing its meaning and significance will not only eliminate the sins but also helps in gaining the divine knowledge that leads to the right path for ultimate salvation.

Vishnu bhakti/faith in Lord Vishnu is one of the fundamentals/foundation of Dvaita ethics;

HariDaAsas' in general, in Madhva sampradaya in particular have adopted this unique form of Bhakti ie. KEERTANA (NaAma-SankeErtana) in their propagation of Vishnu Bhakti which is considered as one of the nine forms of expression of Bhakti (NavaVidha Bhakti);

सततं कीर्तयन्तो मां यतन्तश्च दृढव्रताः ।

नमस्यन्तश्च मां भक्त्या नित्ययुक्ता उपासते ॥

satataṁ kīrtayanto mām yatantaśh cha dṛiḍha-vratāḥ
namasyantaśh cha mām bhaktyā nitya-yuktā upāsate

In Bhagavad Gita (canto-9 sloka # 14), Lord Sri Krishna says that His devotees with firm resolution always make vigorous efforts to sing/chant His glories and constantly worship Him with all humility and humbleness.

**Hare Rama Hare Rama Rama Rama Hare Hare
Hare Krishna Hare Krishna Krishna Krishna Hare Hare**

In the above Shodasa NaAma Mantra there are 16 Divine names of the Supreme God; HARI (Hare) repeated 8 times; RAMA & KRISHNA 4 times each. How to contemplate them while chanting?

IMHO one must contemplate (anusandhana) the following Rupas of the Supreme God Vishnu while reciting **HARI**.

VISHNU - The Hari Sarvottama -
Panchaniyamaka Bhagawadrupa - Aniruddha-
Pradyumna-Sankarshana-Vasudeva-Narayana - the
plenary expansions of Lord Vishnu;

NARAHARI - Lord NaraSimha (Hari means
Lion)>Prahlada-Varada;

SRIHARI (LakshmiNarayana) - they always live
together, they are inseparable. Where Lakshmi is not
present Sri Hari will not be there and where Sri Hari is
not there Lakshmi does not stay.

KARIRAJAVARADA (Gajendra Moksha) where Lord Sri
Hari comes to the rescue of Gajendra;

HARE SREENIVAASA (Lord Venkateswara) who is
saakshaatt - Lord Vishnu the Hari Sarvottama;

HAYAGREEVA - the Supreme God of Knowledge and
destroyer of ignorance; Hari also means Horse - Lord
Sri Hari the one who has taken incarnation as
Hayagreeva;

SAVITHRU naAmaka SURYANARAYANA - Dhyeyassada
Savithrumandala madhyavarthi..... Hari also means
Sun who is also known as ARKA one of the Ashta Vasus
whose Antaryaami is HARI;

KRISHNA - प्रथमं तु हरिं विंद्यात् - Sri Krishna
Dwadasanama Stothram (Mahabharatha-Aranya Parva)
- Sri Krishna UvaAcha...

One should also contemplate on NAHAM KARTA HARIH KARTA...

RAMA to be contemplated as...

**MOOLA RAMA - DASARATHA RAMA - SEETA RAMA
- BHARGAVA RAMA (ParashuRama);**

KRISHNA to be contemplated as...

**HARI KRISHNA - VASUDEVA KRISHNA - YASODA
KRISHNA - VASISHTA KRISHNA (VEDAVYASA);**

Some of the other terminologies associated
with **HARI** are >

**HARI-DINA;
HARIVAASARA;
HARIVAMSA PURANA;
HARIKATHA;
HARIKATHAAMRUTASARA etc.**

**"Satyesam SatyaSankalpam Satyam SatyaVratam
Harim....**

**"Harim Hamsam Krushnam NaraHariMaNantam
Madhuripum...**

HARI is Taapatraya Nivaraka (TapatrayaHaaraka) - the
one who removes/eliminates the worry, anxiety,
difficulty, trouble... of his devotees;

'HARI' refers to **HARI SARVOTTAMA** the ever green
Supreme God SriManNarayana the MokshaKaraka; the

one who destroys (Hari) the cycle of birth and death.
Hari also means the one who steals and Lord Sri Hari is
the one who steals (destroys) our ignorance.

Sri KrushnaArpanamasthu
'nAham kartA hariH kartA'

Hari Sarvottama – Vaayu Jeevottama
Sri GuruRaajo Vijayate

